



WHAT CAN YOU DO TO REDUCE YOUR RISK?

Overall, while the relationship between obesity and cancer is not fully understood, sufficient evidence exists to support the following recommendations:

1. Adults and children maintain reasonable weight for their height and ages.
2. Lose weight if you're overweight.
3. Eat a healthy diet rich in fiber and whole grains.
4. Be more physically active.

FAST FACTS ON WEIGHT AND HEALTH:

CANCER

Being overweight or obese can significantly increase your risk for developing some types of cancers. Here are a few facts for you to think about:

Cancer

Being obese and overweight has been associated with increased risks for several types of cancers, including:

- kidney (in both men and women)
- endometrial, postmenopausal breast cancer and thyroid (in women only)
- colorectal
- gall bladder

For colorectal cancer, the risks effected by obesity and being overweight may be due in part to low physical activity. There is consistent evidence that having a strong amount of physical activity can decrease the chance of developing colorectal cancer. Recent studies suggest that obesity and being overweight may also play a role in the increased chance of developing some types of esophageal cancer, possibly through obesity's association with gastric reflux.

INFORMATION PRESENTED ADAPTED FROM THE AMERICAN OBESITY ASSOCIATION'S FACT SHEETS, HEALTH EFFECTS OF OBESITY WWW.OBESITY.ORG/SUBS/FASTFACTS/HEALTH_EFFECTS.SHTML, 2004.

VISIT WWW.AMERICAONTHEMOVE.ORG OR CALL 1.800.807.0077

America On the Move, with support from **LEAN CUISINE**, presents the Healthcare Professional Toolkit, designed to show patients how small steps can lead to big changes that improve health and quality of life.

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